21,739 Die Of Cancer

MONTREAL (CP) — The Canadian Cancer Society said yesterday stomach cancer and cancer of the intestines caused more deaths in 1957 than did lung cancer.

The society said 21,739 persons died from the disease during 1957. Stomach cancer caused 2,885 deaths, intestine cancer 2,558 and lung and bronchus cancer combined 2,138.

Your Health

Heat Beats Germs

This is another article of public interest prepared for The Daily Colonist by the Victoria-Esquimalt Health Department.

Safe milk and pasteurized milk while having the same meaning are rarely considered together. Everyone is accustomed to having dependable milk on his doorstep, from the supermarket or from the shiny stainless steel dispensers in the restaurants. In all likelihood this milk is pasteurized and safe.

On the other hand some persons particularly wish raw milk directly from the farm. In Victoria all raw milk comes from quality farms where milk handling procedures are of a very high standard.

ONLY SAFE WAY

However, public officials have unanimously agreed that pasteurization of milk is the only safe, secure method of insuring that every bottle of milk sold is completely free of disease-producing organisms. While there are many cases of illness caused by disease germs in raw milk, there is absolutely no evidence of sickness caused by properly pasteurized milk.

Milk is probably our best single food. As it is a good food for humans, it is also an excellent feeding ground for small, invisible organisms which are harmful to human life. If extreme care is not taken in all phases of milk handling, an excellent opportunity for disease spread arises.

PASTEUR'S FINDINGS

The great scientist Louis Pasteur, whose name is given to this means of protecting milk, discovered that all harmful germs could be killed by bringing milk to a temperature of 143 degrees and holding it there for 30 minutes.

Further study has shown that the same result can be obtained from heating the milk to a higher temperature (160 degrees) for a shorter period (only 15 seconds). In this way the disease organisms of undulant fever, TB, scarlet fever, typhoid, strep "gastro-intestinal" upsets are killed without any change to the milk itself.

BEGINS ON FARM

Efficient milk handling begins on the farm and does not end until the milk is actually consumed. First, good practice on the farm, knowledge of how to prevent disease from the cow, the cowman, milking machines and other utensils, is essential to high quality milk.

Good clean milk plants, proper pasteurization time and temperature, efficient bottling and delivery are all steps to help you get disease-free milk. Every householder has a responsibility to see that milk is kept cool and clean and is used promptly.

The average person cannot tell the difference between raw and pasteurized milk if he were asked to choose between the two glasses of milk.

It has also been shown repeatedly that change in food value due to pasteurization is too slight to merit consideration. Because of all these factors and in consideration of the potential hazard which exists in all raw milk, public health officials have no alternative than to endorse completely the pasteurization of all milk for human consumption.

EXTRA-VALUE

...a golden opportunity to ease

Prices Effective

March 12, 13, 14

In all stores situated in Greater Victoria and Duncan

Cream Corn Taste Tells, Choice, 15-oz. tin — 4 for 49c
Green Peas Gardenside Standard, Assorted, 15-oz. tin — 3 for 42c
Tomato Juice Town House, Fancy, 48-oz. tin — 2 for 59c
Kraft Cheez Whiz For sandwiches or cooking, 16-oz. jar — 58c
Sockeye Salmon Hallmark or Allgood, Fancy, Tips and Tails, 7¾-oz. tin — 2 for 59c

Apple Juice
Town House, Okanagan-Nourishing and refreshing, 48-oz. tin — 3 for $1.05

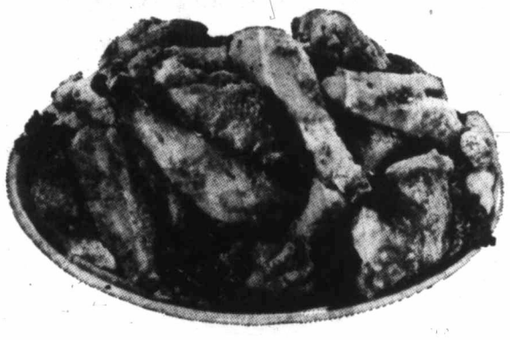
Fresh Bread
Polly Ann, White or Brown—Full 24-oz. wrapped, sliced loaf — 2 for 43c

Delta Rice
Can be served so many ways
Long Grain 2-lb. package — 39c
Short Grain 2-lb. package — 35c

Raisin Bread Skylark—Delicious toasted—16-oz. wrapped loaf — 22c
Heinz Baby Cereals Assorted, 8-oz. package — 2 for 45c
Instant Mil-ko Skim Milk Powder, 3-lb. package — $1.15
Date Bar or Brownie Mix Betty Crocker, package — 39c
Jelly Powders Empress, Assorted, package — 6 for 49c
Corned Beef Boston, 6-oz. tin — 2 for 37c
Sweet Mixed Pickles Zippy, 48-oz. jar — 95c
Shrimps Nola, Broken, 4½-oz. tin — 43c
Norwegian Sardines Luncheonette Cross Pak, 3¼-oz. tin — 2 for 39c
Mandarin Oranges Town House, 11-oz. tin — 2 for 35c
Dark Sweet Cherries Taste Tells, Choice, 15-oz. tin — 32c
Sauerkraut Stone Crock, Fancy, 20-oz. tin — 2 for 33c
Klik Luncheon Meat 12-oz. oblong tin — 42c
Lumberjack Syrup Nalley's, 32-oz. bottle — 38c
Cheese Slices Darifarm, 8-oz. package — 33c
Kraft Dinner A meal in 7 minutes—7½-oz. package — 2 for 29c
Cream of Wheat Quick or Regular, 28-oz. package — 30c
Sandwich Spread Lunch Box, 16-oz. jar — 45c

Fricassee ★ Fowl ★

Government inspected . . . Plump, pieces . . . ready to cook. Serve in a variety of tasty, economical dishes. Cut up on tray.



lb.. 39c

Menu Ideas
Stewed with dumplings, chicken a la king, chicken and rice or spaghetti, chicken pie

Chuck or Round Bone Roast Beef Grade Red 'A' lb. 55c
Cross Rib Roast Beef . . . Grade Red . . . . . 'A' lb. 69c
Standing Rib Roast Beef . . . Grade Red . . . . 'A' lb. 75c
Sliced Side Bacon Breakfast Delight . . . 1-lb. package 57c

Aylmer Soup Tomato or Vegetable 10-oz. tin — 4 for 53c
Margarine Quartet 2-lb. package — 57c
Burns' Shamrock **Pure Lard** 1-lb. package — 2 for 29c
FELS' LIQUID **Detergent** Special Offer—24-oz. tin — 79c
FRENCH'S **Spaghetti Sauce Mix** Package — 25c
Dr. Ballard's Champion **Pet Foods** 15-oz. tin — 4 for 47c
Shoe Polish Nugget Paste Wax "Rise and shine with Nugget" Black, Oxblood, Neutral and 3 shades of brown — 2 for 33c

Old Dutch Cleanser—Pine Fresh 22-oz. tin — 2 for 55c

SAFEWAY
CANADA SAFEWAY LIMITED